

Квалификациска рунда

Мажи	Жени
1. Pull ups/10 reps	1. Push ups/5 reps
2. Dips/15 reps	2. Squats/15 reps
3. Squats/30 reps	3. Hold on the Bar/15 sec
4. Push ups/25 reps	4. Static Lunge/10 reps
5. Sit ups/20 reps	5. Sit ups/15 reps

Осминафинале (топ 16)

Мажи	Жени
1. Chin ups/10 reps	1. Burpees/10 reps
2. Burpees/15 reps	2. Static Lunge/10 reps
3. Dips/20 reps	3. Push ups/5 reps
4. Squats/30 reps	4. Squats/20 reps
5. Pull ups/10 reps	5. Hold on the bar/15 sec

Четвртфинале (топ 8)

Мажи	Жени
1. L-Sit Parallel bars/10 sec	1. Push ups/5 reps
2. Pull ups/15 reps	2. Jump Squats/15 reps
3. Push ups/30 reps	3. Sit ups/15 reps
4. Jumping Squats/20 reps	4. Burpees/10 reps
5. Dips/25 reps	5. Static Lunge/10 reps

Полуфинале (топ 4)

Мажи	Жени
1. Pull ups/5 reps + 1 muscle ups +SBD (Bar dips)/10 reps (unbroken)	1. Squats/30 reps
2. Squats/50 reps	2. Push ups/10 reps
3. Push ups/40 reps	3. Hold on the Bar/15 sec
4. Chin ups/15 reps	4. Burpees/10 reps
5. Jumping Squats/30 reps	5. Static Lunge/15 reps

Финале (топ 2)

Мажи	Жени
1. Muscle ups/5 reps	1. Hold on the Bar/20 sec
2. Chin ups/15 reps	2. Squats/30
3. Squats/50 reps	3. Burpees/10 reps
4. Dips/30 reps	4. Static Lunge/15 reps
5. Muscle up/ 1 rep + SBD (Straight bar dips)/10 reps + Pull ups/10 reps	5. Push ups/10 reps